



## HELPING YOUR CHILD MAKE GOOD CHOICES

Every day your children must make decisions – choices that affect their health, friendships, success and safety. Peer pressure and societal influences (TV, movies, music, etc.) have an impact on their choices. You can help your child understand how to make good choices, even when they are young.

### HELP CHILDREN MAKE GOOD DECISIONS WITH THESE STEPS:

1. Define what the exact issue is that needs to be resolved.
2. Identify at least 3 choices of how to resolve the issue.
3. Study options based on the potential consequences and impact of your decision.
4. Choose the best option based on your analysis of consequences and impact.

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## WHAT MAKES A GOOD CHOICE?

### A good choice is:

- honest
- true to your values
- a positive force in your life
- good for you and the people around you
- self-esteem building
- right for you, even if it's not what everyone else is doing
- not always obvious

**Remember:** Making good decisions takes practice. There are no guarantees that the choice you make will be successful, but following these steps will help you and your children make it through the decision-making process.

## WHO TO CALL FOR HELP

Self-Help Network

1-800-445-0116

Parents Helping Parents Support Group

316-942-4261



Kansas Children's  
Service League

Giving Kids Our Best. For Over 100 Years.

Parent Helpline  
1-800-332-6378

[www.KCSL.org](http://www.KCSL.org)



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